



From the office of:

Andrew J Blackman, MD

121 St Luke's Center Drive, Suite 302
Chesterfield, MO 63017 314-523-2595
AndrewBlackmanMD.com



PHYSICAL THERAPY PROTOCOL PROCEDURE: MENISCUS REPAIR

I. Weeks 0-4:

- a. Restrictions:
 - i. Immobilizer, if provided, must be on at all times when walking.
 - ii. Toe touch weight-bearing
 - iii. No flexion past 90°
- b. Goals:
 - i. ROM: 0-90 degrees.
 - ii. Reduce muscle atrophy and swelling.
- c. Exercises:
 - i. Quad, hamstring, and gluteal sets.
 - ii. Hip belt abduction isometrics, pillow adductor squeezes.
 - iii. Core strengthening
 - iv. Ankle dorsiflexion/plantar flexion isometrics or Theraband strengthening.
 - v. Cryotherapy multiple times during the day.

II. Weeks 4 to 8:

- a. Restrictions:
 - i. No knee flexion past 90° until 6 weeks post-op
- b. Goals:
 - i. Full active range of motion of the involved knee at 8-10 weeks post-op.
 - ii. No effusion.
 - iii. Improved core and hip strength and endurance.
- c. Weight bearing:
 - i. Transition to WBAT progressively, discontinue immobilizer and crutches when able
- d. Exercises:
 - i. Maximize core, hip and lower extremity strength in all planes of motion.
 - ii. Maximize knee, hip and ankle mobility.
 - iii. Advance proprioception training.

III. Weeks 8 to 16:

- a. Restrictions:
 - i. No loading at knee flexion angles greater than 90 degrees.
- b. Goals:
 - i. Maximize core, hip and lower extremity strength in all planes of motion.
 - ii. Full active range of motion
 - iii. No effusion
- c. Exercises:
 - i. Begin stationary bike.
 - ii. Continue to maximize core, hip, lower extremity mobility and stability programs.
 - iii. Advance to functional perturbation/proprioception training.

IV. Months 4-6:

- a. Restrictions:
 - i. Continue to maintain proper hip, knee and foot alignment during training and activities.
- b. Goals:
 - i. Full, unrestricted return to activities.
- c. Exercises:
 - i. Advance core, hip, lower extremity mobility and stability exercises.
 - ii. Advance to appropriate plyometric exercises for the individual's sport or occupation.
 - iii. Advance aerobic and anaerobic energy systems by use of non-impact conditioning such as bike and elliptical trainer.

For more information, please visit andrewblackmanmd.com
Facebook.com/STLOrtho
Twitter - @STLOrtho